Trident Subs for 6

Makes: 6 sandwiches

Prep Time: 30 minutes

Cook Time: 1 hour +

Ingredients:

- **2-3 cloves** garlic, diced
- **1-2** onions, chopped
- **5 tbsp** olive oil (optional)
- **2 tsp** thyme
- **¾ tsp** cayenne
- **1 tsp** sea salt (optional)
- **1 tsp** black pepper
- **1 or 2 16 oz cans** canned tomatos
  OR
- **2-4** fresh tomatoes, chopped
- **1-2** squash (zucchini, summer, winter, etc...)
- **3-5** any root vegetable (carrot, potato, daikon...)
- **1-2 bunches** dark leafy vegetables (collards, kale, spinach...)
- **½** cabbage or eggplant
- **6** sandwhich rolls

Equipment:

- **10 L** pot (or larger)

Sauté the chopped garlic and onions in a dry pan or in oil over medium high heat in a 4 liter pot until the onions

become clear. Add spices, then all the chopped vegetables and either fresh or canned tomatoes. (If you do not have any tomatoes, and a little water to start the vegetables cooking.) Stir often to prevent sticking. Once the liquid in the bottom starts to boil lower the heat to medium low. Cook until the vegetables are soft and the sauce is thick like stew, usually about 1 hour, but simmering longer enhances the taste. Adjust seasonings, especially salt, pepper, and cayenne. Serve on a sandwich roll, or over bread or brown rice on a plate. We call this a trident sub because it is spicy "hot"!

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